

2022

PHYSICAL & MENTAL HEALTH TRENDS

# STATE OF PLAY

Our annual report on trends in youth sports and how leaders can mobilize for action.



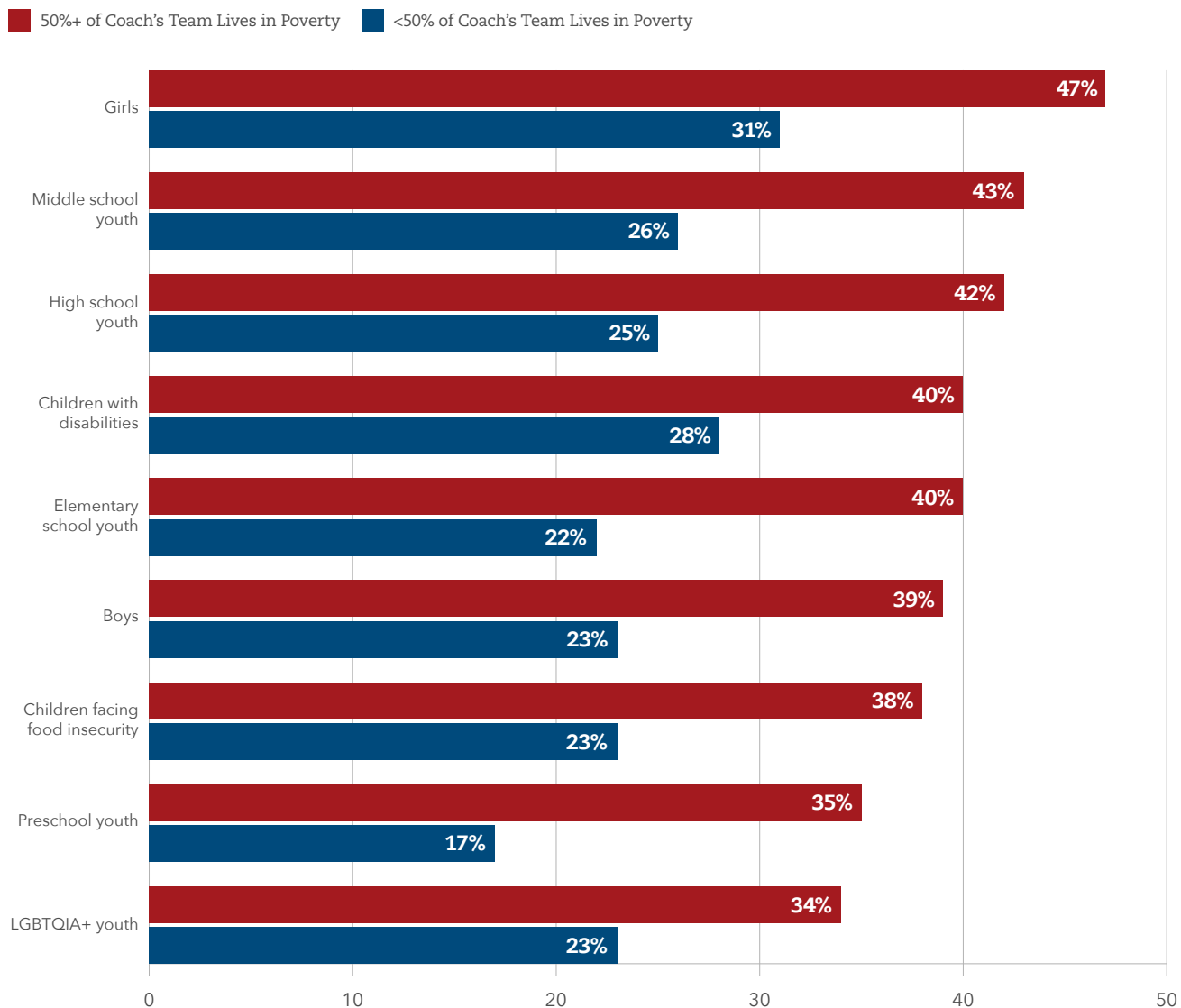
# 2022 U.S. Report Card on Physical Activity for Children and Youth

Category	2022	2014
<b>Physical Activity</b> <b>KEY INDICATOR:</b> % of youth who accumulate at least 60 minutes of daily moderate-to-vigorous physical activity	D-	D-
<b>Active Transportation</b> <b>KEY INDICATOR:</b> % of youth who use active transportation to get to and from places	D-	F
<b>Organized Sport Participation</b> <b>KEY INDICATOR:</b> % of youth who participate in organized sport and/or physical activity programs	C	C-
<b>Active Play</b> <b>KEY INDICATOR:</b> % of youth who report being outdoors for several hours a day	INC	INC
<b>Sedentary Behaviors</b> <b>KEY INDICATOR:</b> % of youth engaging in 2 hours or less of screen time per day	D	D
<b>Sleep</b> <b>KEY INDICATOR:</b> % of youth who obtain the recommended age-appropriate hours of sleep on weeknights	C+	N/A
<b>Physical Fitness</b> <b>KEY INDICATOR:</b> % of youth who meet standards for cardiorespiratory fitness, muscular strength, muscular endurance	C-	INC
<b>Family and Peers</b> <b>KEY INDICATOR:</b> % of family members who facilitate sport activities and physical activity for their children	INC	INC
<b>School</b> <b>KEY INDICATOR:</b> % of schools with daily PE, physical activity, recess, "everyone plays" approach, regular facility access for physical activity & equipment	D-	C-
<b>Community &amp; Built Environment</b> <b>KEY INDICATOR:</b> % of communities with infrastructure geared toward physical activity, youth living in safe neighborhoods and near parks/facilities	C	B-

Note: A grades = success with greater than 80% of children and youth; B grades = success with 60-79%; C grades = success with 40-59%; D grades = success with 20-39%; F grades = success with less than 20%; INC = insufficient information to assign a grade.

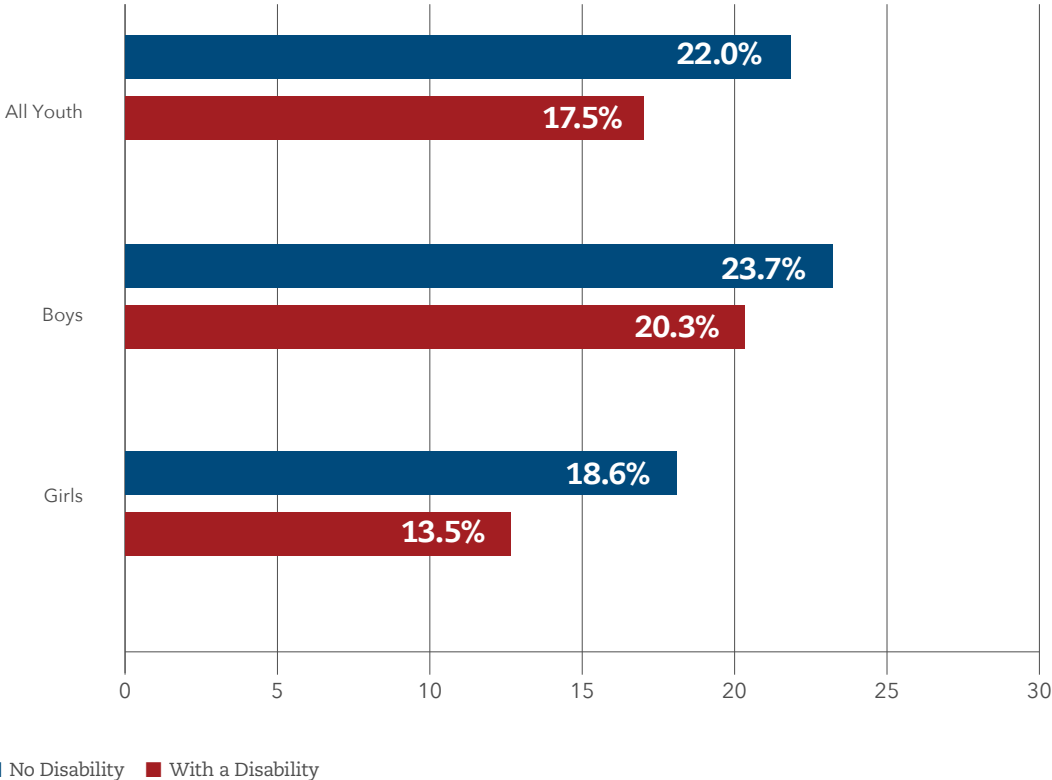
# Youth Who Need More Sports Opportunities

Coaches say these populations where they live require more access (Strongly Agree)



Source: Aspen Institute, The Ohio State University LiFEsports Initiative, Susan Crown Exchange, Nike National Coach Survey, 2022

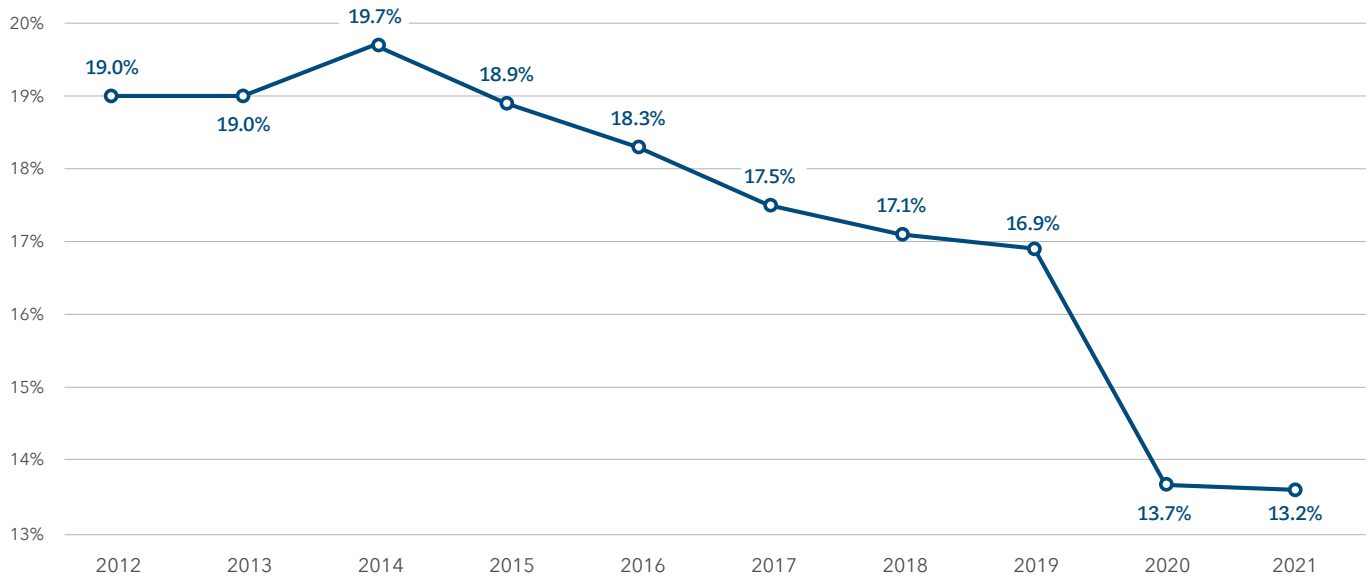
# 60 Minutes of Daily Physical Activity by Disability Status



Source: 2019-2020 National Survey of Children's Health (NSCH)

# Physically Inactive Children

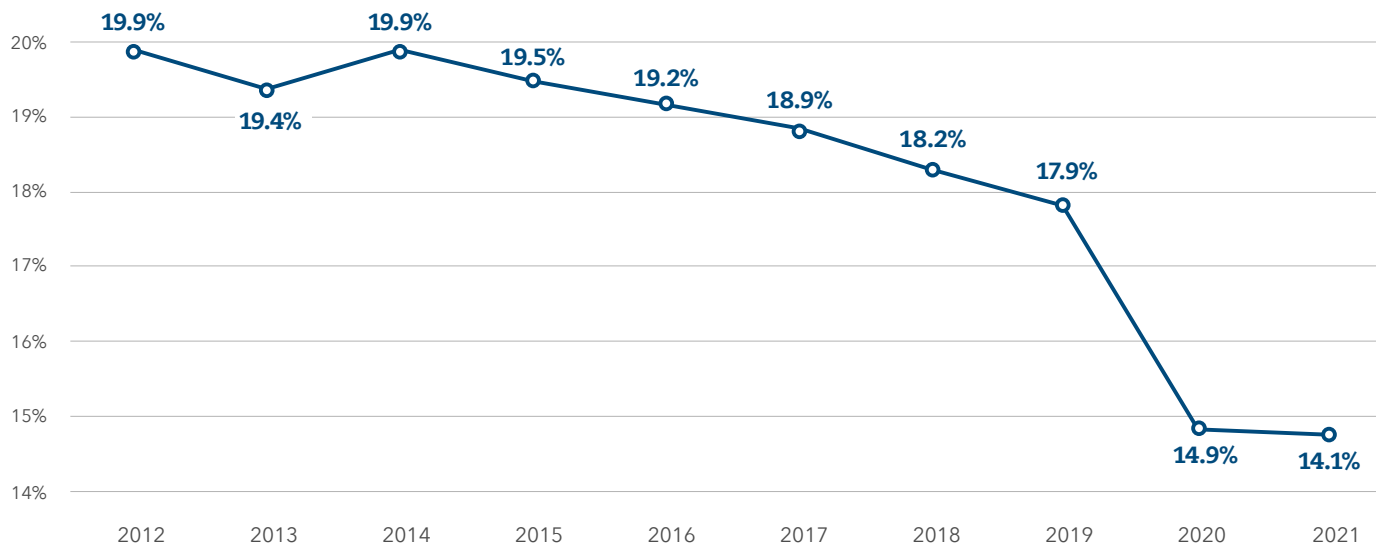
Percentage of kids ages 6-12 who engaged in no sport activity during the year



Source: Sports & Fitness Industry Association, 2021

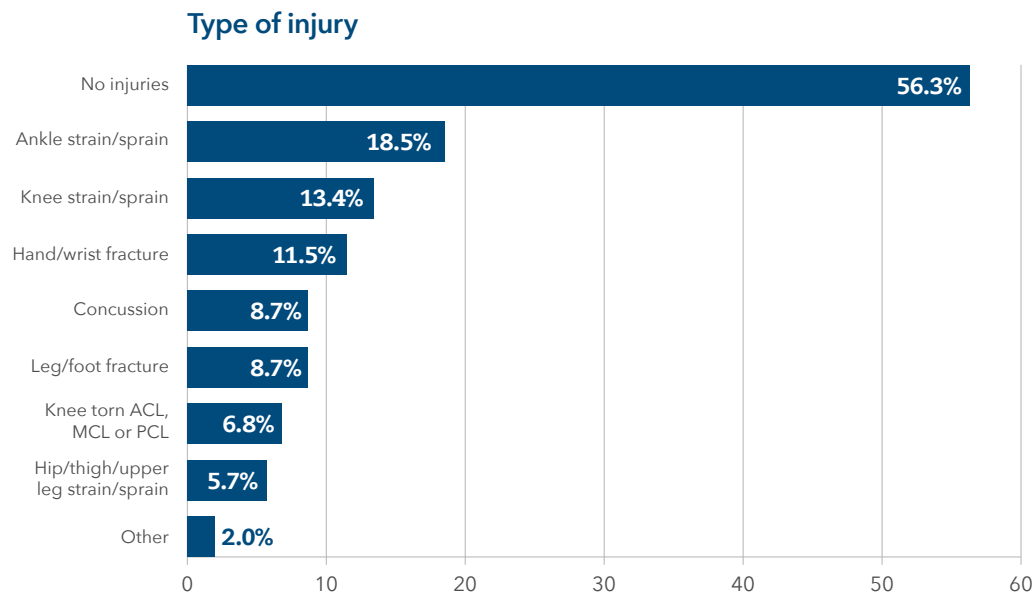
# Physically Inactive Teenagers

Percentage of youth ages 13-17 who engaged in no sport activity during the year



Source: Sports & Fitness Industry Association, 2021

# Sports-Related Injuries by Youth

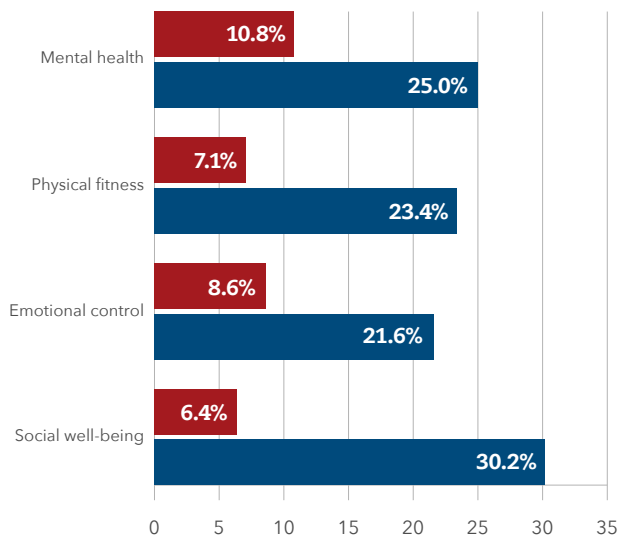


Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2022  
Note: Results only count children who play sports, not all children.

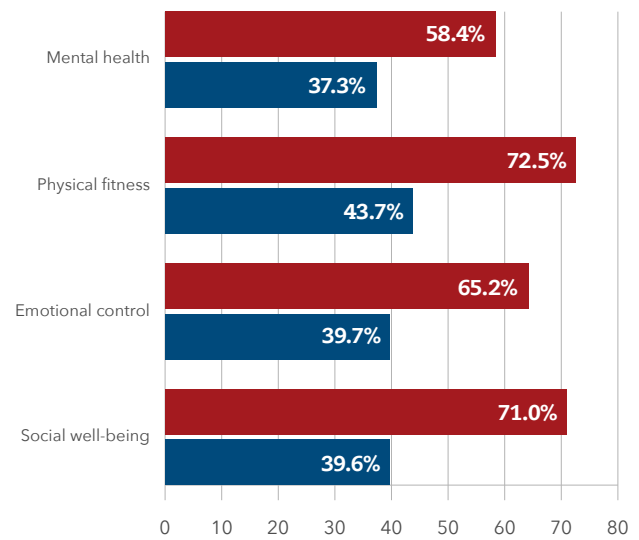
# Children's Health Outcomes During COVID-19

Fall 2022    Fall 2021

## Deteriorated Greatly or Somewhat



## Improved Greatly or Somewhat



Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022